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NEWS WORTH SHARING.

## Welcome? Not so much

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# Kids' care to leave Pasqua Hospital under proposed restructuring plan

Pasqua Hospital would no longer provide pediatric care under the restructuring plan for that facility and for Regina General Hospital. Inset, Regina Qu'Appelle Health Region's Dr. Juliet Soper, head of pediatrics, left, and Sharon Garratt, executive director of women's and children's health, said on Wednesday that the changes are needed to improve hospital care for kids. ROSS ROMANIUK/METRO

**'This is about quality.'**

Health region aims to centralize city area's pediatric services at Regina General, focus children's intensive care in Saskatoon

Pediatric care would be moved out of Pasqua Hospital to a centralized unit for children at Regina General Hospital under a plan that health officials say would improve medical services for kids in Saskatchewan's capital district.

The recommendation — including a proposal to centralize Saskatchewan's pediatric intensive care in Saskatoon — was presented to the board of the Regina Qu'Appelle Health Region (RQHR) at a special public meeting on Wednesday night. Pending approval, the phased-in changes would begin taking effect next June following renovations at Regina General to add single rooms and beds for children in a newly established area for high-acuity care.

"We will be making the recommendation that we establish a high-acuity area for children who require a high level of monitoring and care, but do not require the sub-specialty supports of intensive care," Dr. Juliet Soper, RQHR head of pediatrics, said at a news conference before the board meeting in a Pasqua Hospital auditorium.

"We'll do this by transitioning our intensive-care unit to a high-acuity area located in the medical pediatric ICU currently at Regina General Hospital."

The reorganization comes with an estimated $2.2-million cost through the renovations at RGH and additions of other amenities and supports.

The strategy, according to Soper and other health-care professionals, is about improving care for kids by better using doctors and nurses — and particularly pediatric sub-specialists — across southern Saskatchewan, while a children's hospital is slated for construction in Saskatoon.

Sharon Garratt, RQHR executive director of women's and children's health, pointed out that the number of "patient days" for kids admitted to Pasqua, which has 12 pediatric beds, has dramatically declined since 2010.

"Forty to 60 children a year who we've had in critical care … will go to Saskatoon for pediatric intensive care. And any other children who require the sub-specialty supports that are in Saskatoon would go there," Garratt explained.

"People perceive the numbers to be about money and other things, and that's not the case. These numbers reflect children in our care."

Soper stressed that a shake-up is needed to give Regina-area kids the best possible hospital services.

"There have been significant improvements in outcomes following pediatric intensive care across Canada," Soper said.

"Those improvements haven't been realized locally. This is about quality. This is about the outcomes of the children." ROSS ROMANIUK/METRO

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Livestock

## Province gives brand inspection over to industry

The Saskatchewan government is handing over brand inspection services to a herd of livestock industry associations.

The province says industry groups have formed a non-profit corporation that will start delivering the services Jan. 1.

The new Livestock Services of Saskatchewan (LSS) Corp. is tasked with providing brand inspections more efficiently.

Brand inspections help ensure that animals offered for sale are rightfully owned by the people selling them.

"It is an important service, and as producers and industry are the primary users of brand inspection, it makes sense to transfer it to livestock organizations," Agriculture Minister Lyle Stewart said Wednesday in a release.

Stewart said the government will retain responsibility for legislation governing the inspections.

CTV REGINA/THE CANADIAN PRESS

Laser danger

## Blinding pilots? Not cool, guys

Regina Airport Authority and local police are reminding the public that shining bright light sources such as laser pointers at an aircraft's cockpit is a federal offence.

The reminder comes after 12 incidents were reported in 2013. Offenders could face fines up to $100,000 and up to five years' imprisonment.

METRO

Bettyann Cox, executive director of the University of Regina Faculty Association, says money spent on a new sign should have gone toward more pressing needs. Inset: the sign will sit on top of a stone wall at University Drive South and Wascana Parkway. SARAH TAGUIAM/METRO, INSET: COURTESY UNIVERSITY OF REGINA

# Welcome sign not so welcome at U of R

**$950,000.** University says project needed for safety, but critics point to more pressing needs

SARAH TAGUIAM
sarah.taguiam@metronews.ca

Construction of the University of Regina's new welcome sign is well underway, but backlash from some staff and students has yet to die down.

The six-foot stainless-steel sign, which will be placed at University Drive South and Wascana Parkway, is part of a $950,000 project that aims to make the busy intersection safer.

The actual sign cost $370,000, while $580,000 is going toward landscaping, lighting, concrete and clearing a pathway.

"We know that not everybody will agree ... but we view that it's an appropriate decision to ensure the safety of our campus community," said Thomas Chase, U of R's provost and vice-president academic.

According to Chase, around 5,000 people pass by the "unsafe and very poorly lit" intersection everyday.

But Faculty Association executive director Bettyann Cox calls the project a luxury.

Every penny counts

**"We think how far a million dollars could have gone in enhancing the quality of life in the university ... especially when we hear all the time that funding is limited."**

Bettyann Cox, executive director of the University of Regina Faculty Association

"They have an obligation to provide signage and lighting if it's respect to safety issues, but this seems like a special expenditure," Cox said.

Student union president Nathan Sgrazzutti said they're not unhappy about the project.

However, he added that the university should have first considered fixing more pressing matters, such as leaks in various school buildings, broken equipment in a gymnasium and issues with College West, the campus' oldest residence.

"You can never really argue about safety but ... there are other things we could've looked into with this money," Sgrazzutti said.

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# Busted. Man running 'revenge porn' website charged with extortion

A San Diego man was charged Tuesday with operating a website that let people anonymously post explicit photographs of others so that he could extort hundreds of dollars from the victims.

Kevin Christopher Bollaert, 27, was arrested by California Department of Justice agents on 31 felony counts of conspiracy, identity theft and extortion.

Bollaert created the "revenge porn" website ugotposted.com a year ago, according to court documents. The site let users anonymously post more than 10,000 nude and explicit photographs of others without their permission.

Unlike other such sites, ugotposted.com required that the victim be identified by name, age and other information, leading to the identity theft allegations.

Documents say Bollaert charged victims a fee ranging from $249.99 to $350 to remove the images, using emails sent through a second website, changemyreputation.com.

The department says Bollaert told investigators during the investigation that he received about $900 each month from online advertising. However, the department said records from his changemyreputation.com PayPal account show that he received tens of thousands of dollars.

Both websites were inactive as of Tuesday. Bollaert's attorney did not return a telephone message seeking comment.

THE ASSOCIATED PRESS

# Ottawa. Suspended senator denied press pass on Parliament Hill

The parliamentary press gallery has denied suspended senator Patrick Brazeau's bid for accreditation as a freelance reporter for Halifax-based Frank Magazine.

Press gallery president Daniel Thibeault said Brazeau wasn't eligible for membership because he's still a senator.

"So we feel as an executive that it's incompatible. You can't be a senator and a member of the press gallery at the same time," Thibeault said.

The Halifax edition of Frank — not to be confused with another publication in Ottawa with the same name — said the senator would be a "pain in the arse" to his former Senate colleagues, who suspended Brazeau and fellow ex-Conservative caucus members over their questionable expense claims.

Suspended senator Patrick Brazeau

SEAN KILPATRICK/THE CANADIAN PRESS

THE CANADIAN PRESS

Cellphone etiquette

## British PM claims selfie defence

British Prime Minister David Cameron said he was only being polite when he posed for a selfie photo at Nelson Mandela's memorial service — deflecting complaints that he was being disrespectful during the occasion.

Cameron joined Barack Obama and Danish Prime Minister Helle Thorning-Schmidt in the camera phone snap at the service in South Africa on Tuesday.

THE ASSOCIATED PRESS

South Africa

## Desmond Tutu's home robbed during memorial

Robbers hit retired Archbishop Desmond Tutu's home in Cape Town Tuesday — the same day the Nobel Peace Prize laureate spoke at the memorial service honouring his fellow anti-apartheid fighter Nelson Mandela in Johannesburg.

No arrests have been made so far, a police statement said.

THE ASSOCIATED PRESS

# Interpreter at Mandela memorial was a fraud

**Say what?** Advocates for the deaf say sign language interpreter was a faker who just waved his arms around meaninglessly

U.S. President Barack Obama stands next to a fake sign language interpreter as he makes his speech at the memorial service for Nelson Mandela at the FNB Stadium in Soweto near Johannesburg on Tuesday. MATT DUNHAM/THE ASSOCIATED PRESS

As one world leader after another took the stage in a gigantic soccer stadium to pay homage to Nelson Mandela in Soweto, South Africa, the man at arm's reach from them appeared to be interpreting for the deaf at the hours-long memorial.

The unidentified man, who stood about one metre from U.S. President Barack Obama and other leaders, "was moving his hands around but there was no meaning in what he used his hands for," Bruno Druchen, the Deaf Federation of South Africa's national director, said.

When South African Deputy President Cyril Ramaphosa told the crowd that former South African President F.W. de Klerk was among the guests in a VIP section, the man at his side used a strange pushing motion unknown in sign language that did not identify de Klerk or say anything about his presence in the stadium, said Ingrid Parkin, principal of the St. Vincent School for the Deaf in Johannesburg.

The closest the man's gestures at that point came to anything in sign language might possibly be the words for "running horse," "friend" or "beyond," she said, but only by someone who signs terribly. The man also used virtually no facial expressions to convey the often emotional speeches of the leader, an absolute must for sign language interpreters, Parkin said.

Collins Chabane, one of South Africa's two presidency ministers, told reporters the government is investigating "alleged incorrect use of sign language at the National Memorial Service" and did not identify the man but added the "government will report publicly on any information it may establish."

Outraged deaf people and sign language interpreters from Canada to China have complained about the man, Parkin said. "This man himself knows he cannot sign and he had the guts to stand on an international stage and do that," Parkin said. "It's absolutely impossible that he is any kind of interpreter. Or a language person at all, because he's not even using a language there."

The allegation of the use of a bogus sign interpreter was yet another example of bad organization at the service Tuesday. Other problems included breakdowns in public transportation that hindered mourners from getting to the soccer stadium and a faulty audio system that made the remarks of world leaders inaudible for many. Police also failed to search the first wave of crowds who rushed inside the stadium after authorities opened the gates just after dawn.

THE ASSOCIATED PRESS

**Repeat offender**

**The man also did sign interpretation at an event last year that was attended by South African President Jacob Zuma.**

# Future could be bright for would-be U.S. envoy to Canada

Bruce Heyman, a U.S. ambassador to Canada nominee, was spared hostile questioning Wednesday during his Senate confirmation hearing. By the time it was over, the committee chairman and Heyman were sharing chuckles about Old Saint Nick.

"You have displayed your diplomatic abilities in extraordinary fashion," Sen. Robert Menendez, the chairman of the Senate Foreign Relations Committee, told the rookie diplomat.

This was after an exchange where he'd asked the nominee, tongue planted in cheek, whether an ongoing Arctic mapping project might result in Santa being declared a U.S. citizen.

Heyman's reply: the jolly North Pole resident is, in fact, a citizen of the world, and his safety is guaranteed by a joint Canada-U.S. military initiative, Norad.

In his opening remarks, Heyman touted his family ties to Canada. The Goldman Sachs executive said his family bond is hardly unique and is just one example of the "countless links" that bind the countries.

Heyman's appointment had been rumoured for months but was one of many executive appointments held up in the Senate throughout 2013.

If the Senate Foreign Relations committee recommends the appointment, and it's then approved in a vote on the Senate floor, the Chicago investment banker and prominent Democratic party fundraiser will succeed another Chicagoan Democratic party fundraiser as the U.S. envoy to Ottawa.

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## Meat. FDA makes move to phase out use of some antibiotics in livestock

Citing a potential threat to public health, the U.S. Food and Drug Administration is taking steps toward phasing out the use of some antibiotics in animals processed for meat.

The agency has announced that it will ask pharmaceutical companies to voluntarily stop labeling drugs important for treating human infection as acceptable for growth promotion in animals.

If the companies sign on — and one major company has already said it will — using those antibiotics to promote growth in animals would be illegal.

THE ASSOCIATED PRESS

**Protecting humans**

**The FDA move is designed to limit antibiotic-resistant diseases in humans. Repeated exposure to antibiotics can lead germs to become resistant to the drug so that it's no longer effective.**

**London**

### Two Damien Hirst artworks stolen

Two Damien Hirst artworks together valued at 33,000 pounds ($57,000 US) have been stolen from a London art gallery, police said Wednesday.

The Metropolitan Police said the two signed prints, Pyronin Y and Oleoylsarcosin, were taken from the Exhibitionist Gallery in west London in the early hours of Monday by a thief who forced the gallery doors. The works are among Hirst's series of Spot pieces, covered in multicolored dots.

THE ASSOCIATED PRESS

# FDA denies approval for female sexual-desire drug

**Flibanserin.** Daily pill is designed to increase libido in women by acting on brain chemicals linked to mood and appetite

Cindy Whitehead holds a tablet of flibanserin in her office at Sprout Pharmaceuticals in Raleigh, N.C.

ALLEN G. BREED/THE ASSOCIATED PRESS

The multi-decade search for a pill that boosts sexual desire in women has hit another roadblock, raising questions about the future of efforts to develop a female equivalent to Viagra.

Sprout Pharmaceuticals said Wednesday it has reached an impasse with the Food and Drug Administration over its drug, flibanserin. The pill is designed to increase libido in women by acting on brain chemicals.

The FDA questions whether the drug's benefits outweigh its risks, considering its "modest" effectiveness and side effects including fatigue and nausea.

Sprout said it is appealing an October letter from the FDA that denied approval and asked for more information. But chances for approval appear slim: Of the 17 appeals FDA considered last year, 14 were denied, according to government figures.

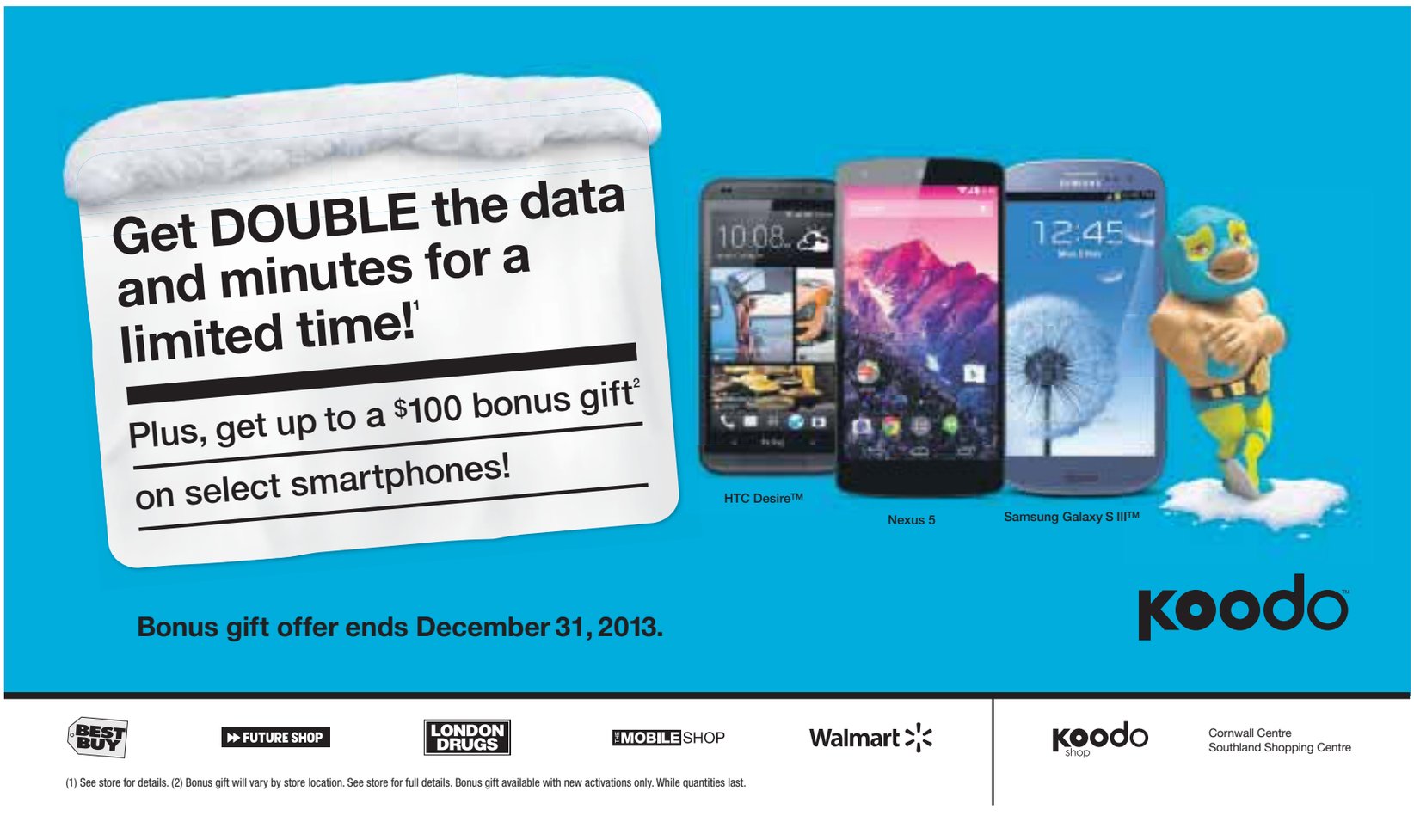
The agency's latest rejection raises serious questions for more than a half-dozen companies working to develop therapies for women who report stress due to lack of libido. It's a market drug makers have been trying to tap since the blockbuster success of Viagra, an erectile-dysfunction drug.

THE ASSOCIATED PRESS

**Quoted**

**"A pill just doesn't take care of it."**

**Dr. Virginia Sadock, psychiatrist,** on the difficulties of treating female sexual dysfunction.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Craig Kielburger leaves condolences for Nelson Mandela in South Africa. COURTESY MICHAEL RAJZMAN

# CRAIG KIELBURGER

As the world mourns Nelson Mandela, one of Canada's preeminent youth leaders, and co-founder of Free The Children, spoke with Metro Tuesday from Johannesburg after attending Mandela's memorial.

## "A SENSE OF JUST PROFOUND GRATITUDE."

**Let's start with your response to the massive memorial service you attended for Nelson Mandela.**
The emotions that are running through me — I'd say one is gratitude for the role that he played as one of the great leaders in our world for human rights … but also, I have a sense of responsibility and I hope everyone does feel a sense of responsibility, that the world was fortunate to see someone like Mandela and now the question is, what will we do to live that legacy … I'd say it's very much a sense of just profound gratitude.

**How has Nelson Mandela helped shape Free The Children?**
I had the pleasure to hear him speak in various capacities … and once, very briefly meeting him, as did my brother — to ask him a question about his leadership philosophy … he reflected on how he was as a young person, a shepherd or herder, and he learned a lesson that forever stayed with him … that you always had to stand in the back to make sure your sheep, or your goats, always got to where they were supposed to go — that they didn't wander off to the side … that simple idea, the lessons that he taught — the humanity — is an amazing influence.

**What was Mandela's impact on you?**
Inspiring, I don't think there's any other word that one can use … inspiring in what he represented, inspiring in how he carried himself, inspiring in his words — but mostly inspiring in his dreams … That to lead, you must walk from behind and I think that speaks to the essence of who he was. A leader through-and-through, but someone who was so dedicated to making sure the most vulnerable always arrived.

**How important is it that leaders are encouraging the world to model themselves after Mandela?**
I hope that more world leaders would model themselves on Mandela. I think it's very easy to quote him, it's very difficult to model him … if world leaders want to honour Mandela … they can increase their foreign-aid commitments, they can promote service and volunteerism in their country, they can show that same compassion and forgiveness with some of the great intractable conflicts of our world — that would be a great way to honour Mandela.

**What legacy do you think Mandela will leave behind?**
I think legacy isn't something that he writes. In his time on this earth, he inspired us with his courage and his humanity and his willingness to forgive and his legacy will, ironically, be something we write … the legacy is in our hands and I think we have an opportunity that we should not waste.

MORGAN MODJESKI/METRO IN SASKATOON

A visitor carries a book on Mandela as he stands with gatherers outside Mandela's house. COURTESY MICHAEL RAJZMAN

**Dispatches from South Africa by Craig Kielburger**

### 1 Arrival. With a heavy heart

On Wednesday, I walked into the courtyard of the Union Buildings in Pretoria where, in 1994, Nelson Mandela was sworn in as the first democratically elected president of South Africa. I headed up a flight of stairs and stopped. It felt as though there was pressure on my chest, heaviness in my heart. I took a deep breath. I expected to see a closed casket and hadn't prepared to see his body. People are lining up for up to seven hours to pay their respects. Of course.

### 2 Tribute. A sense of gratitude

I'm struck how a nation can come together for such an overwhelming tribute to Mandela, patriarch of this lush country once fractured by racism and hatred. These tributes extend beyond borders. I can't imagine another living person today, or in my lifetime, that could have such a unifying effect. Standing waist-deep in flowers left outside Mandela's house, sharing stories with his friends at a service, standing with South Africans to visit, I feel gratitude.

### 3 Pride. A never-dying spirit

"For the spirit of Nelson Mandela, it was the right time for him to go because he had done everything humanly possible to change this country. His was a never-dying spirit that showed us anybody can become anything." — Sammy Ntimanem, 34, in the Union Buildings in Pretoria

### 4 Hope. More than just a moment

"We have been friends and co-workers for eight years. We are very patriotic and support every event we can, from political, to sports, to moments like this. But this is more than just a moment. We came to the square to give tribute to the greatest man on Earth," said Esther Rubin, with Lilahloane Mokale in Nelson Mandela Square, Johannesburg. Added Mokale: "We love him so very much … What we have is because of him. I hope we can go on without him."

### 5 Remember. For the next generation

"I so want my daughter to remember this day. That's why I have her here. As she grows up I will keep telling her stories about apartheid and how it was before in this country." — Monica Ntimana, 29, with Grace, five months

**Work continues**

**100**

At Free the Children, we are adding our voice to the tributes to Mandela. Our organization, along with Canadian schoolchildren, is building 100 schools in Africa. Mandela once said: "Education is the most powerful weapon which you can use to change the world."

PHOTOS COURTESY MICHAEL RAJZMAN

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Not an effective strategy

## On LinkedIn? Nix 'responsible' from your profile

In this case, being responsible is overrated.

It's the No. 1 most overused buzzword on LinkedIn profiles in Canada, and globally, in 2013.

Professional networking site LinkedIn said its annual study also puts "strategic," "effective" and "creative" on this year's Top 10 list of overused words on business profiles. THE CANADIAN PRESS

More than 2M sold

## 83 million hours already wasted since Xbox launch

Microsoft says more than 2 million of its Xbox One consoles have been sold since the system's launch 19 days ago.

Company officials say users have spent over 83 million hours with the games, TV, and apps on Xbox One since the Nov. 22 launch. THE ASSOCIATED PRESS

Xbox One superfans.
GETTY IMAGES FOR MICROSOFT

$1.6 million US

## Four arrested in bank cyber-thefts

Four people have been arrested by detectives investigating the suspected theft of 1 million pounds ($1.6 million US) from two U.K. banks via downloaded malware, police in London said Wednesday.
THE ASSOCIATED PRESS

Market Minute

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# You've got snail mail ... at the community mailbox

**Five-stage plan.**
In a bid to save up to $900M a year, Canada Post will phase out door-to-door service

The familiar sight of a Canada Post employee delivering mail door-to-door will become a distant memory as Canada Post phases out the service within the next five years. NATHAN DENETTE/THE CANADIAN PRESS

Canada Post is making dramatic changes to its mail services beginning next year, part of a new plan that will see door-to-door delivery phased out and postage stamp prices soar.

While some community organizations are rattled and the postal union is rallying to protect thousands of jobs, the news may barely interrupt the tweets and texts of most Canadians.

Rapid technology changes have reduced Canadians' reliance on the postal service, making the traditional daily check for the letter drop almost unnecessary in 2013. Bill payments are made online, couriers deliver parcels and,at this time of year, email inboxes are more likely than mailboxes to be overflowing with Christmas greetings.

The financial situation for Canada Post has been bad for years as the Crown corporation tried to maintain a profitable business processing fewer letters, even as the number of Canadian addresses grows by about 200,000 locations each year.

In 2012, only about one-third of Canadians, or nearly 5.1 million people, received mail delivery to their door, costing an average of $283 per year for each address, according to the Canada Post annual report.

The rest of Canadians either visited a central location, like an apartment lobby, community mailbox, rural mailbox or delivery facility, which cost the corporation significantly less.

On Wednesday, Canada Post unveiled a five-stage plan that will help save up to $900 million a year. The federal Crown corporation plans to phase out home delivery within the next five years by replacing delivery on foot with community mail boxes, raise postal rates and cut thousands of jobs.
THE CANADIAN PRESS

A loonie per stamp?

**$1**

Canada Post also plans to increase the price of a stamp to 85 cents when purchased in a booklet, starting on March 31. Stamps purchased individually will cost $1 each.

## Pope named person of 2013

Time magazine selected Pope Francis as its Person of the Year on Wednesday, saying the Catholic Church's new leader has changed the perception of the 2,000-year-old institution in an extraordinary way in a short time. The pope beat out NSA leaker Edward Snowden for the distinction, which the newsmagazine has been giving each year since 1927. The Pope has denounced the world's "idolatry of money" and the "global scandal" that nearly 1 billion people today go hungry, and has charmed the masses with his simple style and wry sense of humour. His appearances draw tens of thousands of people and his @Pontifex Twitter account recently topped 10 million followers. THE ASSOCIATED PRESS

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# IT'S CHILLY — NOT THE TASTY TYPE

HE SAYS
**John Mazerolle**
metronews.ca

Lo and be cold, it's that time of year again in Canada.

When I watch the morning forecast, some of the temperatures are best measured in Kelvin: "It will be Absolute Zero in Regina, but with the wind chill it will feel like we've passed beyond our understanding of thermodynamics, so bundle up!"

As I walk to work, my palm burns from my morning coffee but the back of my hand freezes from the coffee dripping. (In all things, moderation.)

And at work, I waste my time with YouTube videos illustrating that household pets, if tossed into the frigid air, will disintegrate into snow before they hit the ground.

N-n-n-not to put too f-f-f-fine a point on it, but it's c-c-c-cold.

It's all relative, of course — an Edmontonian accustomed to -25 C might hallucinate in the balmy -8 C of Toronto and imagine oases in the distance, frozen solid and covered in sexy skaters. Yet a friend of mine who's moved to Toronto from Vancouver was lost when she was told T.O. gets "twice as cold" as it is now.

"I don't even know what that means," she said, like somebody who'd been told they'll be murdered on Tuesday and again on Thursday.

My point being, it's best we set aside our regional differences and accept that the whole nation is a frigid wasteland — No Country for Cold Men.

Beer commercials to the contrary, most Canadian adults cower inside all winter. And when youth do go outside it results in all matter of deformities: Swollen ears and tongues stuck to metal and faces frozen solid. I once froze up so badly while waiting for a school bus that even when laughing I couldn't smile, leaving all my classmates in hysterics and providing an early cautionary tale about the dangers of Botox.

With these extreme dangers frozen in our minds, here are seven tips for any extreme-cold emergencies this winter:

1) Your home and car should have an emergency kit that includes: Warm water; Super Inferno Cinnamon Gum; one pack of erotic playing cards; a watch that runs on the cold; marshmallows; a magic hat for snowman sentience creation; plane tickets to some place warmer.

2) When lighting that furniture-fuelled bonfire in your living room, only use clean-burning natural gas.

3) Leaving your car running all winter will make those morning commutes comfy while speeding up global warming.

4) Soak wool in warm water before heading out.

5) To keep your kids warm, put all of them in the same adult-sized snowsuit and have them walk in tandem, imitating a full-sized person. Cartoon capering is also great exercise.

6) Remember to swing open your door every 10 minutes or so to see if it's gotten any warmer outside.

7) Find out what Calgary Mayor Naheed Nenshi's doing. He's got this.

And those are my tips. Careful you don't freeze them right off. A friendly reminder: While I've made light of the chill, hypothermia and frostbite are no laughing matter. Or maybe they are. It's so hard to tell with our faces frozen like this.

ZOOM

# War, from a kid's perspective

COURTESY BRIAN MCCARTY

## Photographer captures a feeling

This shot of toy missiles heading for a doll's house isn't meant for playtime — it's how a child sees war. The striking image by Hollywood photographer Brian McCarty features in his War-Toys project, which explores how conflict is perceived through the eyes of kids caught up in war and violence across the Middle East. METRO

Q and A

## Toys make sense of it all

**BRIAN MCCARTY**
Photographer/artist, 39, based in West Hollywood, Calif.

**What's your project about?**
Starting back in 2011, I travelled to Israel and the Palestinian Territories to explore war from the perspective of children. I visited humanitarian organizations where children were invited to draw pictures about their lives. The resulting illustrations served as the basis for my photographs.

**Why did you use toys?**
As children, toys became surrogates through which we acted out aspects of the world around us. Our play allowed us to organically deconstruct what it meant to be human and digest large concepts in smaller bites. War is so dehumanizing and outside normal reality that, even as adults, we need toys to make sense of it. We need the distance provided by these plastic totems to begin seeing the actual horrors without being made numb.

Clickbait

**LUKE SIMCOE**
Metro Online

CONTRIBUTED

**The digital equivalent of a rotoscope, animated GIFs are one of the oldest image formats used on the web. Invented in the 1980s, the humble GIF has since become a staple of online culture. Easy to make and even easier to share, they're the perfect platform for everything from humour to art. Most image-editing programs can make GIFs, but here are a few apps that simplify the process. Happy GIFing! Just don't get me started on how it's pronounced.**

### GifBoom:
**Available on both Android and iOS, GifBoom is considered the Instagram of mobile GIF-making apps. The social features are largely optional, but the built-in GIF-maker is intuitive and lets you do things like add filters or sound.**

### Cinemagram:
**Another cross-platform smartphone app, Cinemagram veers towards creating GIFs out of video footage. The app's appeal lies in its masking function, which allows you to select which parts of a frame are animated.**

### ImgFlip:
**If you want to be old fashioned and make GIFs in your web browser, ImgFlip is one of the more full-featured sites. It lets you build GIFs out of either video or pictures, and includes a decent suite of editing tools.**

Twitter

**@metropicks asked: The home mailbox will be obsolete as @canadapostcorp ends urban delivery. What's the best way to repurpose a mailbox?**

**@draxapup:** flower pot on every front stoop

**@willems_steph:** Frozen food delivery receptacle.

**@Canucklehead_ca:** 1) Print & delete emails. 2) Place is mailbox. 3) Take out & reply (via email) to each. (Will require retyping original email.)

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# Taking the Prairie Home to Sundance Film Festival

**Film.** As the only Canadian movie at the U.S. competition this year, the filmmaker is glowing that the world will get to see the local backdrop

BACKSTAGE PASS
Jacob Morgan
saskatoon@metronews.ca

To tell a story filled with ups and downs, filmmaker Chelsea McMullan chose the flattest landscape imaginable.

My Prairie Home follows queer singer-songwriter Rae Spoon's journey across the vast Canadian midwest. It unveils the artist's troubled upbringing and struggle to find an identity as a transgender person.

The movie, which was funded by the National Film Board of Canada, will see its U.S. debut in January at the Sundance Film Festival.

"We're the only Canadian film in competition this year, which is an even a bigger honour," said McMullan. "I feel pretty ecstatic."

Combining clips of Spoon performing and speaking with shots of endless wheat fields and grasslands, McMullan creates a documentary-musical that provides a metaphor for her subject's psychological state.

**Honour**

**"We're the only Canadian film in competition this year, which is an even a bigger honour."**

**Chelsea McMullan**
My Prairie Home filmmaker

She said she was attracted to this region because of its aesthetic potential.

"There's something I just love about the Prairies," said McMullan. "Because you can see so far and there's so little, everything you do see stands out and carries a lot of significance."

And there are many significant moments in Spoon's life.

Spoon, who uses the pronoun "they," was born to a Pentecostal family from Calgary. Their father had schizophrenia and was abusive.

After coming out as a lesbian, Spoon became estranged from their religious family and in early 2000, they moved to Vancouver and realized they didn't fit into a normative gender binary.

This personal discovery is illustrated in My Prairie Home during a scene when Spoon is hiking up a glacier.

"I think that Rae really needed to leave the Prairies to kind of save themselves," said McMullan. "They needed to climb over the mountains and get out, and they did that through their music."

During one poignant scene, Spoon is playing at the Artesian On 13th in Regina. Following their set, it is implied that their father might have been in the crowd, but he zips off in a blue car before the two can connect.

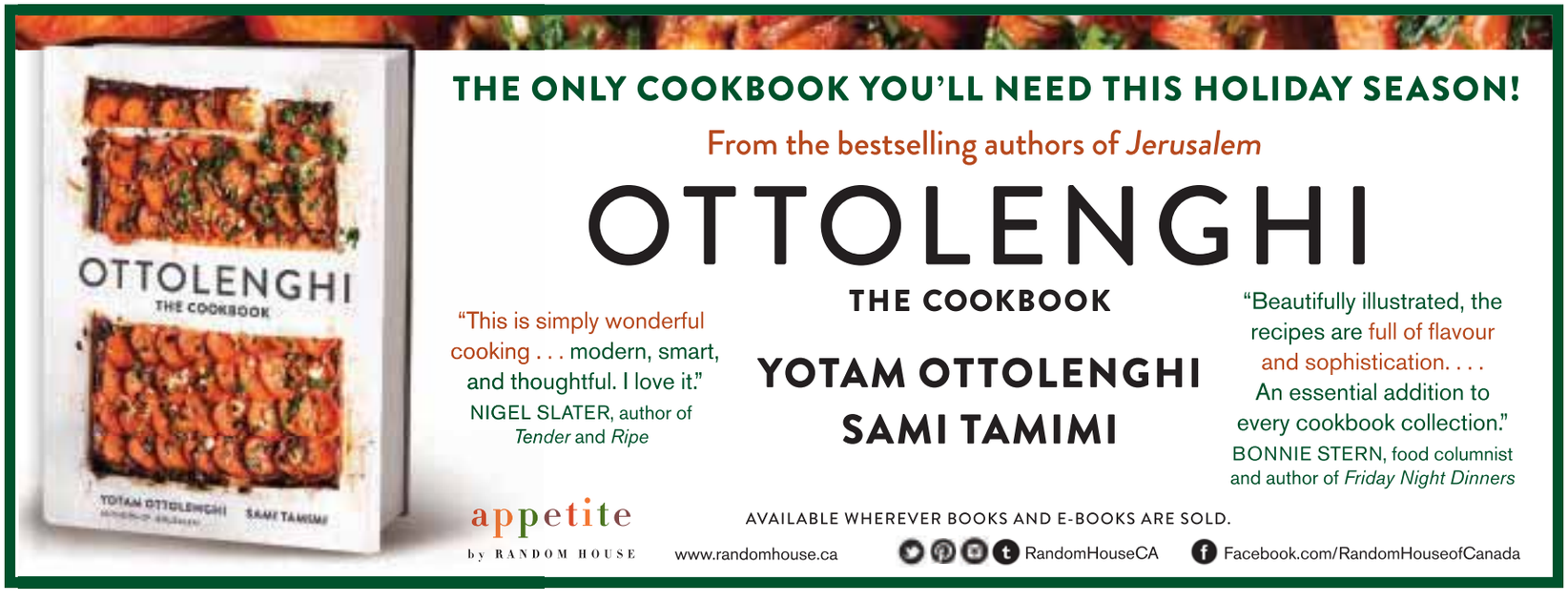
"I'm not even sure if that was my father but it is in keeping with the pattern he has. I actually never know if he's going to show up," Spoon told Metro over the phone from their current home in Montreal.

On top of the film, My Prairie Home is an album of original material, which Spoon said is also somewhat autobiographical and follows their childhood chronologically.

Moving from country to grunge and even some techno sounds, the soundtrack is further proof of Spoon's refusal to be pigeonholed.

"I don't worry too much about sticking to what I'm supposed to be doing," they said with a laugh.

Transgendered indie singer-songwriter, Rae Spoon, is the subject of the 2013 documentary My Prairie Home. COLIN SMITH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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Demi Lovato

## Lovato admits she 'couldn't go 30 minutes to an hour without cocaine'

Demi Lovato is opening up about her past drug and alcohol abuse. "(It's) something I've never talked about before, but with my drug use I could hide it to where I would sneak drugs," the 21-year-old singer and actress tells Access Hollywood during a candid interview. "I couldn't go 30 minutes to an hour without cocaine, and I would bring it on airplanes. I would smuggle it, basically, and just wait until everyone in first class would go to sleep and I would do it right there. I'd sneak to the bathroom and I'd do it." Lovato, who went to rehab for "physical and emotional issues" in 2010, even fooled a live-in sober companion. But she reached her breaking point at age 19. "I was going to the airport and I had a Sprite bottle just filled with vodka and it was just 9 in the morning and I was throwing up in the car," she remembers. "When I hit that moment I was like, it's no longer fun when you're doing it alone."

Kate Winslet ALL IMAGES GETTY

## It's only baby Rocknroll but mommy Kate likes him, likes him, yes she does

Kate Winslet is a new mom once again. The Oscar winner gave birth to a son, her first kid with new husband Ned Rocknroll, Saturday in the U.K., her rep confirms to People magazine. "Baby and mother are doing great," her rep says, though more information about the boy — including his name — wasn't disclosed. Winslet also has a daughter, Mia, from her marriage to Jim Threapleton and a son, Joe, with second husband Sam Mendes.

**The Word**

## *Streisand acts as catalyst for amicable Lane and Brolin split*

Diane Lane orchestrated a fairly smooth split from ex-husband Josh Brolin thanks reportedly in large part to an unlikely ally: Brolin's stepmother, Barbra Streisand. "She made it clear she would help Diane get everything she needed in her split from her own husband's son," a source tells Radar Online. "Barbra made it clear the divorce needed to go smoothly for the sake of the kids." Things went so smoothly, in fact, that Brolin reportedly turned down an offer to play Batman in the upcoming Man of Steel sequel because Lane will be reprising her role as Clark Kent's mother. "He didn't want to make Diane uncomfortable," the source says. "They're really going to be fine as a divorced couple. Josh admits he's too much of a 'bad boy' to be married to one woman, and Diane and Barbra and even his father James Brolin agree completely."

Britney Spears

## After two boys Britney wants a girl 'mini-me'

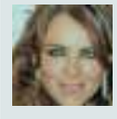
Despite having two sons at home, Britney Spears is hoping to bring a daughter into the world, she tells InStyle. "I would like to be busy for the first couple of years, but then I would really like to have another baby, a girl. I think she would be like a mini-me," Spears says. "I think it's going to be crazy. I'm not going to feel as alone in the world anymore. I'm going to feel like I have a second person, like, that's me."

Demi Moore

## Broken-hearted Moore ringing in the changes

Now that her divorce from Ashton Kutcher is finalized, Demi Moore is reportedly rushing to erase anything that reminds her of him from her life — including the engagement ring he got her, which she quietly sold recently, according to Star magazine. "Ashton broker her heart," a source says. "Anything that reminds her of him makes her sad, and she wants to be happy." Moore sold the five-carat, emerald-cut anonymously on consignment for $250,000, the source claims.

**Twitter**



**@ElizabethHurley**
Pea souper in London today.

**@josswhedon**
Movies teach us that a man with daddy issues is a HERO and a man with mommy issues is a sexually dysfunctional serial killer.

**@TomArnold**
I've officially lost 80 pounds. Now even my gay friends are complimenting me.

**Trends Report**

Joseph Nogucci is an up-and-coming Canadian fashion accessories brand built by Toronto architecture and engineering students, Mario Christian and Luca Daniel. Go online to Trends Report to read about how the duo transformed sketches that were meant for buildings into designs for bracelets and beads.

**Follow Irene on twitter @MetroIreneK or Instagram: kuanirene**

**www.metronews.ca/voices/trends-report**

**The year in colour**

## Orchid is growing on us

Radiant Orchid, a version of the purple hue is Pantone Inc.'s colour of the year for 2014. It follows this year's pick of emerald green.

Officially known as Radiant Orchid, the tropical shade is a colour-wheel contrast to green, said Leatrice Eiseman, executive director of the Pantone Color Institute. "It's a little different, it's a little off the beaten path, and it's not a primary colour," she explains. "It's an invitation to innovation." THE ASSOCIATED PRESS

# Alice Smith doesn't 'speak makeup'

**Natural woman.**
The soul singer loves her beauty products — she just doesn't always like wearing them. She tells us about her Ramona Quimby hair and her trick to never waking up with dry skin (hint: it rhymes with sheep).

ROMINA McGUINNESS
Metro World News

Alice Smith's second album She was released in March. ALEX ELENA

Alice Smith's deep lyrical voice is so soothing it could almost put you to sleep. Luckily, the one-time Grammy-nominee won't take offence if you do. Why? Because she believes that sleep is nature's way of helping you look pretty and fresh faced.

"Eye bags are a sign that you either need to take a break or go to sleep. So If I'm working late one night, I just make sure I drink a lot of water and go straight to bed. That's it," she explains from her home in Brooklyn. And for those rare moments when shut-eye isn't enough? "In that case I'll use a little bit of MAC Studio Finish Concealer," she adds.

### Letting her skin make its own oil

"I wash my face with Sothys Cleansing Cream twice a day, and in the morning I follow up with their Hydradvance Light Hydrating Cream. I don't put anything on at night because that's when your skin is busy working and making oil. You just have to make sure you use really good stuff. So far, I've never woken up with dry skin. I also see my facialist, Mamie McDonald, about once every six weeks and she just does what she needs to do. I always leave with a really clean face!'

### Not needing foundation – ever

"I love makeup, but I don't speak makeup. I don't wear a lot of it because it's not good for your complexion. But if I feel a little washed out, I'll do my eyebrows up a little and put some mascara on. But I never wear foundation — ever. Definitely not when I'm on stage. I want to be able to touch my face and it's not like I'm a big sweater, but I might sweat. So I just don't see the point. When I'm performing, I stick to brows, lashes and lips. I love a burnt sienna lipstick but you have to be really feeling it to pull such a bold colour off. And I always carry a tin of Burt's Bees Beeswax Lip Balm with me."

### Her 'Ramona Quimby' hair

"I used to dye my hair in college and it was like orange! I don't think it was meant to be that colour…but I liked it. I had a fringe and a short bob, which made me look like Ramona Quimby! I'd love to dye my hair again but I think I'm just afraid of how it would turn out."

### Her new album She and making it through the music industry unscathed

"It feels like a lifetime ago that I released my first album but I've always had a lot of support. My family and my friends have always been there for me. I'm not any different. I think I'm just older. I have a three-year-old daughter now, and she's made me re-evaluate and re-examine who I am and who I need to be. For me it's about what kind of person I'm trying to encourage her to be — how to be successful, how to care for herself. And because the only way to teach things is to show, I need to be able to show her how to do all that."

### Her beauty icons

"I love Sade…I've always thought she was so beautiful."

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metro
HOLIDAY FUN
Thursday, December 12, 2013

Skiing, downhill or cross-country, is just one way to get outside and take advantage of winter activities during the holiday season. COLOURBOX

# Warm up to these activities

Enjoy a casual skate during the holidays. MARIDAV/SHUTTERSTOCK

JASON MENARD
For Metro

The weather outside may, at times, be frightful, but that doesn't mean you can't make the most of the winter season. Whether you are with that special someone or a group of old friends, there are plenty of opportunities to enjoy the winter weather.

So, without further ado, here are a few fun activities designed to help adults make the most out of the winter weather.

**A walk through the park:** There is something about the magic of lightly falling snow at night reflected in the lights alongside a park path.

**Skating:** Most cities have wonderful outdoor skating facilities if you are just looking for a casual skate with that special someone. And if you want to get a crew together, you can rent an hour or two of ice at the local rink and engage in a game of shinny.

**Skiing:** Cross-country or downhill, Canadians have learned to conquer the snow by strapping on thin planks to their feet and going really, really fast.

**Help out at a charity:** The holiday season, in particular, represents a great time for people to give back. Whether it's helping out at a food bank for a new year's resolution, or sharing Christmas at a soup kitchen, your generosity can truly make it a winter wonderland for many people in need.

Walking through the snow in a park can be a romantic outing. ALIAKSEI SMALENSKI/COLOURBOX

**Decorate your home:** As long as you don't go all Griswold, decorating your home with lights is a gift that gives to everyone in your neighbourhood.

**Go ice fishing:** If the ice is thick enough in your neck of the woods, ice fishing is a surprisingly popular and relaxing activity.

**Help a neighbour shovel their walk:** It may not seem fun, but the satisfaction of helping an elderly neighbour out sure feels good.

**Enjoy some mulled wine or apple cider:** Or if hot chocolate is your drink, that's OK, too. And, as an adult, no one will mind if you decide to make that beverage a little more "festive" as you enjoy your holiday cheer.

Sure, you can curse the winter weather and spend a few months in a self-imposed cocoon, but with so many amazing winter opportunities out there, you owe it to yourself to see why cold-weather activities can really warm you up.

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**PotashCorp WinterShines (Jan 25-Feb 2)** - 4 WinterShines Soup Cook Off passes - Value $20
**Blues Festival (Feb 24-Mar 2)**
1 ticket to the 'Electric Blues Cabaret', O'Brians Event Centre - Value $30
**Saskatchewan Equine Expo at Prairieland Park (Feb 14-16)**
2 general daily admissions - Value $30
**SSRA Western Canadian Snow Drag Championships at Prairieland Park (Mar 1-2)**
2 general admissions ($20) or 1 family admission ($25)
**Gardenscape at Prairieland Park (Mar 28-30)** - 2 general admissions - Value $24
**Motorsports Spectacular at Credit Union Centre (Feb 13-15)**
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**Disney Live! Mickey's Rockin' Road Show at Credit Union Centre (Mar 2)**
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# Winter can be snow much fun

JASON MENARD
For Metro

Keep kids busy during the holidays with some of the following activities.

**Skating:** Most cities have one or more public outdoor rinks. There is nothing like the experience of skating outside and it's a great way to spend some quality time with your children. If the weather isn't co-operating, most rinks also offer public skating opportunities.

**Snow fort/snowball fights:** If the snow is the right type and there's enough of it, why not head out to the park or your backyard and introduce your kids to the joys of building (and defending) a snow fort. And if you get too tired, feel free to lie down and make snow angels.

**Tobogganing:** Whether you prefer the traditional wooden sleds, have invested in one of those high-tech versions, or are willing to throw caution to the wind with those crazy carpets, all you need to do is head off to the nearest hill and throw yourself down it.

**Winter sports:** We often think about hockey, but there are many other winter sports you may want to attend as a spectator. From basketball to roller derby, there is usually a game somewhere.

**Make a bird feeder:** You can buy one at the store or make one out of a pine cone. But however you do it, those hungry birds will appreciate it.

**Attend a winter carnival:** Most communities have some sort of event during the winter. Get together with neighbours, take the kids, and make an annual event of it.

But no matter what you do, don't forget to spend a few minutes afterwards recapping the event and spending some quality time with your kid or kids bonding over a cup of hot chocolate.

**Tobogganing can be a fun family bonding experience during the holidays.** CATHERINE YEULET/ISTOCK/THINKSTOCK

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# Take it back to historic foodie basics

"Today, mackeroons (now spelled macaroons) are a meringue made with coconut, but until the mid-19th century they contained finely chopped or pounded sweet almonds," notes Setting A Fine Table. "Recipes for mackeroons appeared frequently in 17th- and 18th-century cookery books, with varying ratios of sugar to egg whites. Mackeroons were served with wines and liqueurs, or were crushed and layered in trifles or with syllabubs and creams.

"Orange blossom water and rosewater, both made by steeping the flower blossoms in brandy or distilled water, were characteristic flavourings for this biscuit (cookie).

"Musk, another popular flavouring, is an aromatic substance produced by the male musk-deer. It is still an important ingredient in perfumery, but is no longer considered edible.

"By the mid-19th century, vanilla had displaced these flavourings."

**Modern Ingredients**

- 3 cups (750 ml) whole blanched almonds
- 4 medium egg whites (1/2 cup/125 ml)
- 2 tsp (10 ml) orange flower water
- 2 cups (500 ml) superfine granulated sugar

### Historic recipe

**1.** Take a pound of almonds, let them be scalded, blanched, and thrown into cold water, then dry them in a cloth, and pound them in a mortar, moisten them with orange-flower water, or with the white of an egg, lest they turn to oil; afterwards, take an equal quantity of fine powder sugar, with three or four whites of eggs, and a little musk, beat all well together, and shape them on wafer-paper, with a spoon round: bake them in a gentle oven on tin plates. **THE ART OF COOKERY MADE PLAIN AND EASY (HANNAH GLASSE, 1796)**

### Modern Equivalent

**1.** Line 2 rimless baking sheets with parchment paper.

**2.** In a food processor, chop the almonds, scraping down the sides of the bowl from time to time, until they are the consistency of very coarse sand with some slightly larger pieces. Set aside.

**3.** In a separate large bowl, beat the egg whites with the orange flower water until soft peaks form. Add the sugar about 2 tbsp ( 30 ml) at a time, beating until stiff peaks form. Sprinkle the chopped almonds over the egg white mixture and fold in to distribute evenly.

**4.** Drop by rounded teaspoonfuls (6 ml) about 1 inch (2. 5 cm) apart onto the prepared baking sheets. Bake in the centre of a 325 F (160 C) oven until they are dry to the touch, but still white, and lift easily off the parchment paper, about 12 to 15 minutes.

**5.** Let cool on the pans on a rack.

**RECIPES EXCERPTED FROM SETTING A FINE TABLE: HISTORICAL DESSERTS AND DRINKS FROM THE OFFICERS' KITCHENS AT FORT YORK" (WHITECAP BOOKS) EDITED BY ELIZABETH BAIRD AND BRIDGET WRANICH**

**Mackeroons**

**This recipe makes 80 mackeroons.** ALL IMAGES: PAT CROCKER, FROM SETTING A FINE TABLE: HISTORICAL DESSERTS AND DRINKS FROM THE OFFICERS' KITCHENS AT FORT YORK (WHITECAP BOOKS)

**Cookbook of the Week**

## Travel back in time to update classics

Toronto's Fort York is seeped in history but often overlooked is the food element of the times.

Edited by Elizabeth Baird and Bridget Wranich, Setting a Fine Table is a selection of recipes from Fort York.

The dishes, from the officers' kitchen in the Fort, take readers back to a time when food was not only made locally, but found locally — off the land. The 30 recipes include the original, historic recipe as well as its modern equivalent.

**METRO**

# Derby or short cakes — two names, one distinct flavour

"Derby (pronounced DAR -bee) is a small city in the East Midlands, England. Derby cakes (or short cakes) are one of many examples of regional griddle cakes found throughout the British Isles. Since the Middle Ages, bakers have used the term 'short' to mean a dough with a high ratio of fat to flour so that the resulting baked cakes are crumbly and tender," notes A Fine Table.

### Historic recipe

**1.** Rub one pound of butter into two pounds of sifted flour, put one pound of currants, one pound of sugar, mix all together with half a pint of milk, one egg, two teaspoonfuls of pearl-ash, roll it out thin; cut it in round cakes and bake them. **FROM THE COOK NOT MAD; OR, RATIONAL COOKERY (ANONYMOUS, 1831)**

**Modern Ingredients**

- 1 cup (250 ml) currants
- 3 1/2 cups (875 ml) all-purpose flour
- 1 tsp (5 ml) baking soda
- 1 cup (250 ml) unsalted butter, cubed
- 1 cup (250 ml) granulated sugar
- 1 medium egg yolk
- 1/2 cup (125 ml) whole milk

**This recipe makes 45 cakes.**

### Modern Equivalent

**1.** Soak the currants in hot water for 5 minutes. Drain and spread out to dry on a towel-lined tray, about 15 minutes.

**2.** In a large bowl, whisk together the flour and baking soda. Using a pastry blender or your fingertips, work the butter into the dry ingredients until the mixture resembles fresh breadcrumbs. Mix in the sugar and the currants.

**3.** Whisk together the egg yolk and milk. Make a well in the centre of the dry ingredients and pour in the milk mixture. With a fork, combine all the ingredients to make a soft, but not sticky, dough. Dust your hands with flour if necessary to handle the dough easily. Divide the dough in half. Place a bowl over one half of the dough while you are working with the other.

**4.** On a well-floured work surface, roll out the dough, one half at a time, to a scant 1/4-inch (6 mm) thickness. Use a 2 1/2-inch (6 cm) cutter to cut out rounds, dipping the cutter into flour if necessary to prevent sticking. Reroll the scraps to make more rounds.

**5.** Bake on a griddle or cast iron skillet over medium-low to medium heat until golden on the bottom, about 5 minutes. Bake on the second side until golden and the cakes are cooked through, about 4 minutes. Keep the heat moderate or the outside of the Derby Cakes will darken or burn before the insides are cooked.

# Fresh Strawberry Water

"A 'pottle' is a small cone-shaped basket used to hold strawberries and other soft fruit," notes Setting A Fine Table. "The wild strawberries gathered around York were as flavourful as cultivated berries from the Old World. Elizabeth Simcoe wrote in her diary on June 27, 1792, 'An Irish Captain gave us a basket of wild strawberries, which were as large and well flavoured as the best scarlet strawberries in gardens in England.'"

### Historic recipe

**1.** Take one pottle of strawberries and pick stalks from them; pass them through a sieve with your wooden spoon; and put in two large spoonfuls of powdered sugar; squeeze one lemon, and let the rest be water; make it palatable, pass it through a sieve and it is fit for use. **FROM THE COMPLETE CONFECTIONER; OR THE WHOLE ART OF CONFECTIONERY (FREDERICK NUTT, 1789)**

### Modern Equivalent

**1.** Rinse and hull the berries. Either whirl them in a food processor until you have a smooth purée, or crush them with a potato masher. Press the purée through a sieve into a large bowl.

**2.** Add the sugar and lemon juice and then the water, and stir until the sugar dissolves.

**Modern Ingredients**

- 4 cups (1 L) strawberries
- 1/3 cup (80 ml) superfine granulated sugar
- Juice of 1 lemon
- 2 cups (500 ml) cold water

# Critters all through the house

Pawed, clawed, tailed, scaled, beaked, snouted, winged and web-footed: Animals are a delight at any time of year, but what better season than Christmas to have a merry menagerie about? Add creatures big and small to your holiday decor scheme, or give a gilded beast as a gift. This year, it's a snap to source your choice of fauna in two favourite finishes, white or gold.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Create wintery-wild drinks with this Polar Bear Cocktail Shaker, $92, potterybarn.com.

From the designer's debut collection of animal curiosities, Kate Spade New York's Woodland Park Cat/Dog Salt & Pepper Set, $30, thebay.com.

Ommm... with the right pose and a trendy gold finish, I get a good vibe from this guy. Yoga Frog, $40, pier1.com.

Adorable and shiny, this bear keeps your coins safe. Sleeping Bear Bank, $18 US, urbanoutfitters.com.

Who wants light? Owl Glow Lamp, $39, urbanbarn.com.

Add some fine swine style to your bookcases. Gold Pig Bookends, $35, cb2.com.


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Whether grooming trails for other riders, or purely for the thrill of it, snowmobilers are making tracks as soon as conditions permit. BIKERIDERLONDON/SHUTTERSTOCK

# Happy trails through the snow

**Get on your sled and ride.** There is nothing quite like the feeling of riding on fresh powder

SHELDON BIRNIE
For Metro

With winter setting in for the long haul, many find themselves cursing the daily weather reports. But for some hardy people, the prospect of cold temperatures and a nice dump of fresh powder just gets the blood racing.

These resilient people are snowmobilers and they are a diehard breed of outdoor enthusiasts whose numbers are legion, and growing with every winter that passes. Whether grooming the trails for other riders, accessing hidden hunting or ice fishing spots, or purely for the thrill of it, snowmobilers are making tracks as soon as conditions permit.

"Everybody has their own reasons, but the trails are nice to ride," said Jay Ruchotzky, vice-president of the Ashern Snowmobile Club north of Winnipeg, who has been snowmobiling since he was a child. "My dad took me out when I was little. I had my own sled by the time I was 14 or 16."

As an active member, Ruchotzky maintains trails for the members of his club, as well as those who use the trails on a drop-in basis. His love of snowmobiling is readily apparent when asked about what keeps him coming back, year after year.

"It's a feeling of freedom," he said. "You can't really beat riding a smooth trail through the bush, with the snow coming down."

"I've always loved winter," said Chris Brewer, president of the Saskatchewan Snowmobile Association, who maintain more than 10,000 kilometres of trail throughout the province. Brewer and his wife make active use of the trail system and the backcountry as soon as there is enough snow.

Josh Kovnats is another self-described "diehard sledneck" from a family of dedicated snowmobilers whose passion for sledding can't be contained.

"I go every opportunity I can," said Kovnats, whose family has a longtime membership with the Interlake Snow Trackers. "It's a different experience every time. I like to play in large amounts of fresh powder and go fast, and I love the ability to explore this land fully."

Brock Gibson is another lifelong snowmobiler, who grew up snowmobiling in western Manitoba.

"It's a good excuse to get bundled up, go outside and get some fresh air," said Gibson, who still enjoys a recreational ride every now and again, though he mostly uses snowmobiles for ice fishing or hunting. "They're great for getting out to hard to reach places once the ice freezes."

While many snowmobilers have been at it for years, having grown up around sleds, the sledding community is a welcoming one. Local clubs hold events throughout the year, from races to fundraisers and other get-togethers. With 55 active clubs in Manitoba, and 65 in Saskatchewan, no matter where you are, you aren't far from other snowmobilers.

"It's a great way to meet people who are in the area doing the same thing," Ruchotzky said.

"And you can get them to take you on the trails."

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# That family that sleds together, stays together

Thanks to snowmobiling, winter has become a season to enjoy. Ask any of the three million people who take pleasure every year in the beauty of winter on the more than 362,102 kilometres (225,000 miles) of groomed and marked snowmobile trails throughout North America.

Snowmobiling is one of the easiest motorized recreational lifestyle activities to learn, making it suitable for individuals of all ages to enjoy an active outdoor lifestyle in the winter, develop new friendships and extend old ones. Today's snowmobiles are designed with a variety of comfort and convenience features that make it enjoyable to ride for hours.

In North America, there are nearly 3,000 snowmobile clubs. Virtually all are involved in trail maintenance, charity fundraising and family activities.

It's important to note that snowmobilers work together to plan, build and maintain their trails. That work is done through area clubs, councils and associations.

The continuing evolution and design of the snowmobile is a major factor in the lifestyle activity's growth.

In addition, the continued popularity of longer snowmobiles that make it easy and comfortable for two people to ride shows the impact of the family on the lifestyle activity.

METRO NEWS SERVICES

Longer snowmobiles make it easy and comfortable for two people to ride, which makes it easier for families to enjoy this activity. IOFOTO/SHUTTERSTOCK

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The sky is really the limit on what you can do — and spend — on a snowmobile. VOLODYMYR BURDIAK/SHUTTERSTOCK

# More options than ever for sledders

SHELDON BIRNIE
For Metro

The snowmobile has come a long way since it first revolutionized the way people move around in the depths of winter almost 100 years ago. Far from being simply a utilitarian tool, the snowmobile today is a recreational all-terrain vehicle that can be enjoyed by riders of all levels.

From afternoon trail riding to backcountry touring, from flat-out high-speed racing to hairpin carving through trees or deep powder, manufacturers have developed factory models for just about any type of riding you can encounter in the winter months. With thousands of customization options available, which allow the rider to get exactly what they are looking for out of their machine, the sky is really the limit on what you can do — and spend — on a snowmobile.

"The way snowmobiles have changed lately is crazy," said Derek Little of Yorkton, Sask.

Little said that where once flat-out speed — lake racing, for example, which still remains a sledding staple — was often a primary concern for manufacturers, today as much attention is being paid to other aspects to provide more options for the high-octane thrill-seeker.

"Old sleds were speed driven," he said. "And new sleds are really technical. They're great for riding in and out of trees."

With steady advances in technical performance, one major change in snowmobile technology in recent years is the availability of four-stroke engines as a more common option, as well as dramatically increased fuel efficiency.

"It's incredible," said Chris Brewer, president of the Saskatchewan Snowmobile Association, who enjoys trail riding and weeklong snowmobile tours with his wife throughout the winter. "One thing we're really seeing come forward is fuel economy. Now you can go for a ride all day — you're not looking for gas."

Beyond the technical advances, an eye for personal comfort has also developed among snowmobile manufacturers.

"Comfort of a snowmobile has changed dramatically in the last 10 years," said Brewer, who has been snowmobiling for 45 years. "It isn't so hard on your back, your knees, legs."

On top of ergonomic considerations, Brewer said manufacturers have taken leaps and bounds in other areas, as well.

"(New sleds) are all designed and built in wind tunnels. It seems the heat comes off motors and just flows. It seems to keep the cab area and yourself warm."

The options for customization on snowmobiles would floor someone who hasn't shopped for a sled since the early 1990s. From heated thumb warmers and plug-in heated vests, to myriad colour options and combinations, to particulars regarding windshield size, shape, and style, the sky really is the limit when it comes to customizing your snowmobile.

Whatever your skill or interest level is, snowmobiling is a great way to make the most of the outdoors.

Pats forward Dryden Hunt drives to the Blazers during Western Hockey League action on Wednesday night at the Brandt Centre. MARCO VIGLIOTTI/METRO

# Blazers burn Pats with comeback win

**WHL.** Kamloops tallies lone shootout goal following flurry late in regulation

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

**On Wednesday**

| 4 | 3 |
|---|---|
| Blazers | Pats |

After the first 58 minutes of Wednesday night's game at the Brandt Centre, it appeared the Regina Pats would walk away with a well-earned, albeit quiet 2-1 victory over the cellar-dwelling Kamloops Blazers.

Then, a flurry of goals gave new life to the old sporting adage: "It's not over, until it's over."

Riding the strong play of netminder Taran Kozun, the Blazers managed to pull off a come-from-behind victory to best the Pats 4-3 in a shootout.

After netting the tying marker with less than 90 seconds remaining, the Blazers stunned the Pats by taking an unlikely 3-2 lead on a scattershot play 30 seconds later.

Despite the rapid reversal of fortunes, the Pats quickly responded when Boston Leier netted his second of the night with a mere 35 seconds left to send the game into overtime.

After a hectic, but ultimately fruitless overtime session, Blazers forward Jesse Shynkaruk netted the only goal of the shootout to complete the comeback.

Kozun made 39 stops between the pipes for the Blazers in a feisty game that saw Kamloops outplayed but not overwhelmed by the hometown Pats.

NHL

## Maple Leafs KO'd by the Kings

Jeff Carter scored midway through the third period as the Los Angeles Kings beat the Toronto Maple Leafs 3-1 for their fifth straight win Wednesday.

Drew Doughty and Kyle Clifford, with an insurance goal with 1:59 remaining, also scored for Los Angeles (21-7-4) before 19,375 at the Air Canada Centre.

Cody Franson scored for Toronto (16-13-3).

THE CANADIAN PRESS

MLB

## Hits no longer welcome at home

Major League Baseball plans to eliminate home-plate collisions.

New York Mets general manager Sandy Alderson, chairman of the rules committee, made the announcement Wednesday at the winter meetings. He said player health and increased awareness of concussions were behind the decision.

THE ASSOCIATED PRESS

MLB

## Davis goes from Jays to Tigers

Outfielder Rajai Davis and the Detroit Tigers have agreed to terms on a two-year contract worth $9-10 million US.

The Tigers announced the deal Wednesday.

The 33-year-old Davis spent the last three seasons with Toronto and hit .260 this year with six homers, 24 RBIs and 45 steals in 331 at-bats. He made $2.5 million. THE ASSOCIATED PRESS

# Dumba hopes 3rd time's a charm for WJC

Mathew Dumba, seen here in an exhibition game last August, narrowly missed a spot on the last two Canadian world junior squads. BRUCE BENNETT/GETTY IMAGES

Mathew Dumba was cleared to join Canada's world junior championship team in Toronto on Wednesday, and the squad is optimistic that star forward Jonathan Drouin will recover from a concussion in time to play in the tournament.

The 25 invited players are to arrive on Thursday for a three-day camp before heading to Sweden for final preparations. The championship begins Dec. 26 in Malmo, Sweden.

Dumba, who was among the final cuts the last two years, is expected to play a big role on defence for a Canadian team looking to end a four-year gold-medal drought.

The Minnesota Wild, who kept the six-foot, 183-pound Dumba out of training camp but used him in only 13 games, finally opted to assign him to the Canadian junior team.

"It's been tough on me the last two times," Dumba told the NHL club's website. "Being the last cut last year, it hurt.

"It sucked not being able to represent my country last year, so I'm looking forward to the opportunity that they're giving me this year. It's going to be a good experience for me to play at my age group."

It remains to be seen if the Wild will take him back after the tournament or send him back to junior. On Tuesday, the Red Deer Rebels of the Western Hockey League traded his junior rights to the powerhouse Portland Winterhawks for forward Presten Kopeck and three draft picks.

THE CANADIAN PRESS

## Horoscopes

### ♈ Aries
**March 21 - April 20**
You may think you have to tear everything down and start from scratch but it's not necessary. There is precious little wrong with your life and a few minor changes here and there is all that is required.

### ♉ Taurus
**April 21 - May 21**
It may at times seem as if you are not making much progress but in a matter of days there will be clear signs that you are on the verge of a major breakthrough.

### ♊ Gemini
**May 22 - June 21**
Your thoughts seem to be a bit heavy and there are certainly one or two areas where you need to get serious. But don't get so serious that all the fun goes out of your life.

### ♋ Cancer
**June 22 - July 23**
It may be true that someone is saying awkward things about you but there is no reason to get paranoid and start thinking everyone is against you. Whatever you've done, you are still most people's number one.

### ♌ Leo
**July 24 - Aug. 23**
It may be hard for you to understand why certain people act in certain ways but there is no point getting worked up about it because you won't change the way they are. Try acting as if you don't care what they do.

### ♍ Virgo
**Aug. 24 - Sept. 23**
If you have started on a scheme then you must see it through to the end. Having invested so much time and energy, you cannot give up on it now. Besides, it could work out.

### ♎ Libra
**Sept. 24 - Oct. 23**
At some stage today you will realize that you are not going to get far with a joint project, thanks to people dragging their feet. You will, though, make progress in areas where you can work on your own.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
When you get annoyed, you go to extremes and an unfortunate person is going to be in your bad books today. Yes, maybe you will be too hard on them, but it will be a long time before they dare to upset you.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Don't take anything too seriously today because if you do, you may get depressed and start wondering why you bother to make an effort. Snap out of it by focusing on things that make you smile.

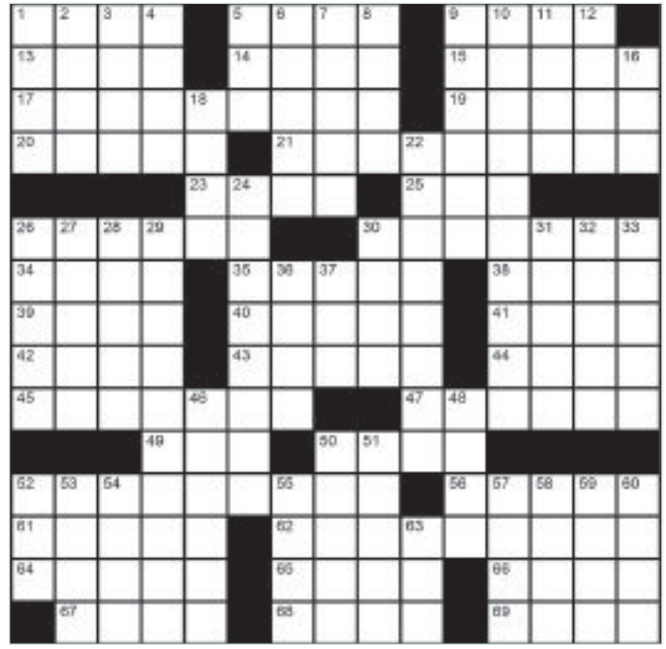
### ♑ Capricorn
**Dec. 22 - Jan. 20**
You want to help someone who is struggling but you know if you do they will struggle more in the future. They need to learn from their mistakes, painful though that may be.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
You will have to work twice as hard to catch up on things you should have done yesterday. If you apply yourself ,you may get ahead — and get a reward for your efforts tomorrow.

### ♓ Pisces
**Feb. 20 - March 20**
Are you making the most of your time? Chances are you have allowed hours, days, even weeks to slip by without doing anything special. That must now change. SALLY BROMPTON

## Crossword: Canada Across and Down

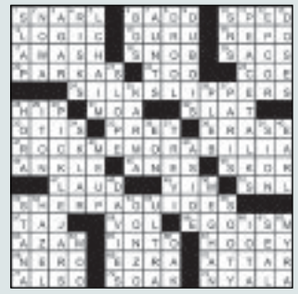
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



**Across**
1. Prima donna
5. Cloak: Spanish
9. 2s
13. Plow pullers
14. Caesar's 955
15. Steal a stash, again
17. Nickname of Manitoba's capital city
19. SNL alum Cheri
20. Rock bottom
21. The Band concert film directed by Martin Scorsese, "The __ __" (1978)
23. UK awards since 1917
25. "For __ a jolly good..."
26. Daniel Defoe's 1719 book, Robinson __
30. More like cow juice
34. From-clothes fluff
35. Sitar songs
38. Family suffix in zoology
39. Hodgepodge
40. Get a glass of water to get cold really fast: 2 wds.
41. Telegram
42. Hireling
43. "__ _ go on?"
44. Like some airports [abbr.]
45. Working together well
47. Tropical fruits
49. Montreal's 'me' mission
50. Shoe part
52. 1880 Dostoevsky novel, The Brothers __
56. Overbearing
61. "_ ___ Teenage Werewolf" (1957)
62. Jets competition, when in Colorado
64. Type of mil.
65. Surrealist painter, __ Magritte (b.1898 - d.1967)
66. Helix
67. __ __ stretch of the imagination
68. Too
69. And others [abbr.]: 2 wds.

**Down**
1. This clue: #1-__ The Arctic
2. Corn lily
3. Peddle
4. __-gravity
5. "Green River" gr.
6. Plentiful
7. Impassionate requests
8. Norms, for short
9. Plaster-spreading tool
10. Alberta city south of Edmonton
11. Great pitcher Mr. Hershiser
12. Separate, as laundry
16. Commerce, curtly
18. Fun suffix to 'Switch'
22. 1983 Bryan Adams single: 2 wds.
24. Prehistoric land of
26. Horse-on-cobblestone sounds
27. Amber __, "Dancing with the Stars" reigning champion
28. Employees organization
29. Profession of 2nd Prime Minister Alexander Mackenzie
30. __-of-honour
31. Picking from a police lineup
32. Keep one's __ __ the ground
33. Movie studio stocks
36. __-Deucey (Backgammon variant)
37. "Golly!"
46. Comedian/actor Ray
48. Duchess of __ (Subject of Spanish painter Goya)
50. Shack
51. Singer, Faith __
52. Wine aperitif
53. Caught in _ __ of lies
54. Daring
55. __ Phillips (Queen Elizabeth's granddaughter who is an Olympic equestrian)
57. __ and for all
58. William Wallace, for example
59. Mr. LaBeouf
60. Scream
63. Sean Penn's director father

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 6 | | 4 | 8 | | | | |
| | 9 | | 6 | | | | 1 | 3 |
| | | 1 | 9 | | | 6 | | |
| | | | | | | 2 | 7 | 6 |
| 6 | | | | 1 | | | | 5 |
| 5 | 8 | 7 | | | | | | |
| | | 3 | | | 5 | 1 | | |
| 4 | 5 | | | | 9 | | 3 | |
| | | | | 7 | 2 | | 9 | |

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 4 | 5 | 6 | 2 | 9 | 1 | 3 | 8 |
| 9 | 3 | 8 | 7 | 1 | 4 | 6 | 5 | 2 |
| 6 | 2 | 1 | 8 | 5 | 3 | 7 | 4 | 9 |
| 4 | 9 | 7 | 3 | 6 | 1 | 8 | 2 | 5 |
| 8 | 1 | 3 | 2 | 4 | 5 | 9 | 6 | 7 |
| 2 | 5 | 6 | 9 | 8 | 7 | 3 | 1 | 4 |
| 3 | 8 | 4 | 1 | 7 | 2 | 5 | 9 | 6 |
| 1 | 6 | 2 | 5 | 9 | 8 | 4 | 7 | 3 |
| 5 | 7 | 9 | 4 | 3 | 6 | 2 | 8 | 1 |

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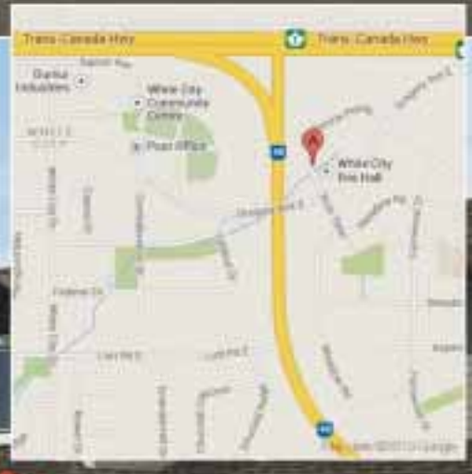


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